

Spring 2021 Sweat the Stress: May 3-7 IN PERSON FITNESS CLASSES

FREE in-person classes for students and members! No registration required. **Capacity remains limited; first come, first served.** Online classes are on the next page.

Aerobics & Conditioning – Have Fun & Stay Fit!

Class	Days	Time	Location	Instructor
Les Mills Body Pump	Mon, Wed	5:20-6:10 p.m.	SRC 256	Kari N.
Kickboxing Express	Wednesday	7:35-8:20 p.m.	SRC 256	Keira Mc.
Pink Gloves Boxing	Mon, Wed	8:35-9:35 p.m.	SRC 256	Keira Mc.
Les Mills Body Pump	Tues, Thurs	6:30-7:20 a.m.	SRC 256	Alexis C.
Les Mills GRIT	Tues, Thurs	5:05-5:45 p.m.	SRC 256	Laura Y.
Les Mills Body Combat	Tues, Thurs	6:00-6:45 p.m.	SRC 256	Lydia L.
Pink Gloves Boxing	Tues, Thurs	8:10-9:10 p.m.	SRC 256	Caroline S.

Dance Fitness & Instructional Dance – Get into the Groove; No Experience Necessary!

Class	Days	Time	Location	Instructor
Pole Fit, Beginner	Mon, Wed	6:10-7:00 p.m.	Chinook 30	Makayla M.
Pole Fit Dance Choreography	Mon, Wed	7:15-8:00 p.m.	Chinook 30	Megan W.
Ballet Technique	Mon, Wed	8:00-8:45 p.m.	SRC 245	Kasey T.
Circuit Training	Tues, Thurs	12:20-1:00 p.m.	Chinook 20	Holly C. & Brett S.
Pole Fit, Strength & Flexibility	Tues, Thurs	6:40-7:30 p.m.	Chinook 30	Danielle K.
Pole Fit, All Levels	Tues, Thurs	7:45-8:30 p.m.	Chinook 30	Danielle K.

Indoor Cycling – Challenging for All Levels!

Class	Days	Time	Location	Instructor
Spin, Sunrise	Mon, Wed, Fri	6:10-7:00 a.m.	SRC 245	Joanne G. & Chloe B.
Coug Cycle	Mon, Wed	7:00-7:45 p.m.	SRC 245	Hannah L.
Spin, HIIT	Tuesday	7:00-7:40 a.m.	SRC 245	Mode R.
Spin & Core	Tues, Thurs	6:10-7:00 p.m.	SRC 245	Laura Y & Mode R.
Coug Cycle	Tues, Thurs	7:15-8:00 p.m.	SRC 245	Chloe B. & Holly C.

Mind/Body – Energize & Stabilize!

Class	Days	Time	Location	Instructor
Yoga, Core	Mon, Wed	4:20-5:10 p.m.	Chinook 22	Alina C.
Yoga, Mindful	Mon, Wed	6:40-7:30 p.m.	Chinook 22	Kat J.
Yoga, Core	Tues, Thurs	4:30-5:20 p.m.	Chinook 22	Makenzie B.
Yoga, Vinyasa Flow	Tues, Thurs	5:00-5:50 p.m.	SRC 245	Alina C.
Yoga, Strength	Tues, Thurs	7:30-8:20 p.m.	Chinook 22	Kyle D.

CougStrong – Community Fitness for All Cougs!

Days	Time	Location	Instructor
Mon, Wed, Fri	5:30-6:30 p.m.	Chinook B40	Francisco R. & Cole M.
Tues, Thurs	11:30 a.m.-12:30 p.m.	Chinook B40	DJ M. & Jess W.
Tues, Thurs	4:15-5:15 p.m.	Chinook B40	Joanne G.
Tues, Thurs	5:30-6:30 p.m.	Chinook B40	Cole M. & Francisco R.



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ONLINE FITNESS CLASSES

All online fitness classes are FREE to members and non-members; **no registration required.**

Aerobics & Conditioning – Have Fun & Stay Fit!

Class	Days	Time	Location	Instructor
Core Blast, Morning	Mon, Wed	7:00-7:30 a.m.	Zoom	Mode R.
Les Mills Body Combat, Late Morning	Wednesday	11:00-11:55 a.m.		Kasey T.
Les Mills Body Pump, Noon	Mon, Wed, Fri	12:10-1:00 p.m.		Holly C., Jess W., Danielle K.
STRONG Nation 30, Evening	Mon, Wed	5:10-5:45 p.m.		Anna C.

Dance Fitness – Get into the Groove!

Class	Days	Time	Location	Instructor
Zumba, Women's Only	Mon, Wed	6:00-6:50 p.m.	Zoom	Sophie T.

Mind/Body – Energize & Stabilize!

Class	Days	Time	Location	Instructor
Yoga, Mindful, Morning	MWF	7:10-8:00 a.m.	Zoom	Zhuoli A.
Yoga, Vinyasa Flow, Morning	TTH	7:30-8:20 a.m.		Kat J.
Yoga, Gentle, Noon	TTH	12:05-1:00 p.m.		Deb P.
Yoga, Mindful, Evening	TTH	6:20-7:10 p.m.		Jenny E.

Wellbeing Online – Dedicated to Help with Active, Healthy Living!

<https://wellbeingonline.wsu.edu/wellbeing-online/>

Wellbeing is more than just physical health; it also comprises emotional, intellectual, social, spiritual, financial, occupational, and environmental health, which all interact. Explore resources, from weekly articles to nutrition tips, to improve your personal wellbeing!

UREC Workouts of the Day – Workout on Your Own with Our Daily WOD!

<https://urec.wsu.edu/fitness/workout-of-the-day/>

Each WOD will have progressions and regressions and options for minimal or no equipment.

Please note that SRC is the Student Recreation Center, while SFC is the Stephenson Fitness Center. The information and online activities presented in our fitness classes are to be used as a guideline only. If any of the exercises cause any pain or discomfort, stop the exercise immediately and consult your physician. We strongly encourage you to consult with a physician before participating in any physical activity.

Accessibility: University Recreation values providing programs and activities that are accessible. We are proud to provide equipment and programming that creates an inclusive environment and makes every reasonable effort to be accessible to everyone. Reasonable accommodations are available with adequate prior notification. Contact Joanne Greene at 335-9669 for more information.

